

November 26, 23rd Annual Hog's Breath 5K Hog Trot Run/Walk, Key West



Volunteers - Hog Trot

Over 430 Runners and Walkers were at the start line on a great Key's running day. All were treated to a great run on the course that crossed Truman annex into Ft Zachary Taylor State Park. With a bit of singletrack and Cross country running in the field in front of the fort, runners left the roads for the great experience that the Hog Trot has become known for.

Bill Loundry from Richmond, VA was this years overall winner in time of, 17:57. Fourth overall finisher was KWSR, Masters Winner Edward Clark, 18:31. First Female runner was KWSR, Priscilla Weeks, running a 20:29, and screaming by second place female runner, Alex Oskuie, from Vienna, VA, in the last 100 yards. Sue Moring from Knoxville, TN was the Female Masters winner in a time of 23:13.

Walker winners were Ann MacKey, 35:19 from Toronto and Key West walker Ken Thurston. 36:52.

Hog's Breath has been sponsoring the Hog Trot for 23 years as a fundraiser for the Key West High School Track team. This year the race proceeds also supported the Key West High School Swim.

December 7, 6:30 PM. KWSR Social @ Camille's

Good food! Good beverages! Secret Santa Gift exchange and Grand Prix awards! This was the largest Social of the year with +50 runners enjoying the good cheer of the season!

PREP UPDATE

Nicole & MaryAnn

Nicole In NC

On 11/26, KWHS sophomore Nicole Matysik finished her XC season by racing against the best of the best from 15 states in the Footlocker National South Regional Championship Meet at McAlpine Park in Charlotte, NC.

She did not have her best performance, running 19:34. but she set several School Records this season, including Best State Meet Finish (th) and Best 5K Time (18:20).



KWSR funded Nicole's trip to NC – airfare, hotel, meals, and souvenirs – and we are proud to have helped to provide her with the best competitive opportunity possible.

Congratulations on a fine season, Nicky! We are all proud of you.

KWSR's ON THE ROAD

Chester heads across the country and back for some great races!

Charlotte Half

I celebrated my birthday (71st) by completing the Charlotte Half Marathon in Charlotte, North Carolina on Saturday, November 12, 2016. It was a nice day for the event as the temperature ranged from 46 to 52 degrees with mostly sunny skies and a breeze from 7 to 10 MPH. The course utilized roads in Charlotte that were completely closed to traffic with one to three police

officers at almost every intersection. The course was almost entirely up and down with very little flat sections. None of the changes in elevation were very challenging. Water/Gatorade stations were located every 1.5 miles and had plenty of tables and friendly efficient volunteers to take care of the needs of the participants: however, some of the stations were somewhat crowded because of the number of participants.. There were 841 finishers in the marathon, 2225 finishers in the half marathon. 616 finishers in the 5K and 75 marathon relay finishers. As usual the event was very well organized and enjoyable. I have now done the marathon twice and the half marathon four times. Making my birthday even more special, I managed to finish third in my running age group despite the fact that I race walked the entire way.

Space Coast Half

On Sunday, November 27, 2016 I race walked the Space Coast Half Marathon in Cocoa, Florida. The weather was mostly cloudy with some wind and a temperature between 60 and 65 degrees. The mostly flat and gentle short up and down course utilized paved roads along the Indian River from Cocoa to Rockledge, Florida and back. There was no traffic and no cross streets. A few police were needed at places where side roads entered the course. Water/Gatorade stations were located on both sides of the road and were located about one mile apart and had plenty of volunteers who pleasantly and efficiently took care of the needs of the approximately 3500 Half Marathoners and 2500 Marathoners; however, the stations were somewhat crowded because of the large number of participants. This was the 45th running of the event and David Kilgore managed to set a course record of 2:28:34 in the Marathon. Two former astronauts participated in the half marathon, Robert Cabana who is currently the director of the John F Kennedy Space Center and Mike McCulley who has done the event for many years. I have done this event 14 times, 6 full marathons and 8 half marathons. I have always enjoyed doing such a wonderful event which is always very well organized and fun and features great post-race food and beverage as well as extremely nice finisher's medals and age group awards.

Hoover Dam Half

On Saturday, December 10, 2016 I race walked the Hoover Dam Half Marathon in Boulder City, Nevada. The entire event was held in Lake Mead National Park. It was a nice day for the race as the temperature varied from 55 to 59 degrees with mostly sunny skies and little wind. The mostly out and back course was somewhat challenging as there were almost no flat sections and many of the up and downs were long and steep. The course utilized 5 miles of newly paved bike path, 5 miles of fine packed gravel that was an old railroad bed which also featured 5 tunnels utilized both directions, and the rest was fine gravel of varying degrees of packedness which made the footing less than perfect. The course is very scenic with views of Lake Mead and Hoover Dam from high altitude. Water/Gatorade stations were located approximately every mile and each had one table with three volunteers who efficiently took care of the needs of the approximately 250 participants in the full and half marathon. Each station was used to serve the participants during both the out and back part of their journey. Half marathoners completed the circuit once and marathoners twice. I have done the Hoover Dam event 4 times, doing one marathon and three half marathons. It has always been a small friendly well organized fun event that offers a nice challenge. I enjoyed myself as usual and even managed to win first place in my running age group even though I walked the entire way. My time this year was 17 minutes faster than I did it in 2014 and 2.5 minutes faster than in 2010.

Chester Kalb, Southernmost Walker.

Pictures from my trips can be viewed on my blog: <http://southernmostwalker.blogspot.com/>

Join our morning runs to stay in shape.

KWSR's weekly group training run schedule is as follows:
Go to Key West Southernmost Runners Facebook page for updated info
Sundays: 7:00 am/ Big Pine Key Win Dixie Parking lot, 3.5-9.3 miles Group Run.

Call Don for Big Pine Key Run Info 305-304-0091

Check Key West Southernmost Runners Club on Facebook for more up to date info. All runners are always welcome to join us any morning.

Send your stories for next month by January 8th runonn@gmail.com

Check out Pictures and Race registration online from the www.southernmostrunners.com Race results from all our events are posted promptly.

Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027

Remember Volunteers are needed for every race, KWSR needs the support of it members to make our races happen. We need you!
Call Don: 305-304-0091

Run On, Don